



Tomato Vegetable Balti

Traditionally, Baltis are cooked in a cast iron pot called a karahi, which is similar to a wok. They are eaten with naan (pita is fine) to scoop up the sauce and with a little yogurt or raita on the side. We also enjoy some mixed Indian pickle to add a zesty flavour.

Tomato Vegetable Balti

In the summer, we make Balti's from whatever is available in the garden/market.

- 3 tbsp olive oil
- 1 large Onion (chopped)
- 4-8 cloves Garlic (chopped)
- 2 tsp Ginger (minced fresh)
- 3-5 tbsp Monsoon Balti
- 2 cups Mixed Vegetables (chopped veggies of choice (zucchini, eggplant, potatoes, carrots))
- 28 oz Can of diced tomatoes (or 4 cups chopped fresh tomatoes)
- ½ tsp sugar ((optional to balance acidity))
- ½-1 cup Water or Stock ((as needed))
- 1 bunch Cilantro (chopped)
- salt (to taste)

1. In a large cooking pot, sauté the onion in the olive oil until translucent (about 10 minutes).
2. Add garlic and ginger. Sauté for 2 minutes.
3. Add Monsoon Balti. sauté for 2 minutes.

4. Toss in the vegetables, tomatoes and sugar with stock and salt to taste.
5. Lower heat, cover and Simmer for approximately 40 minutes, or until it thickens. Adjust seasoning to taste.
6. Before serving, add the chopped cilantro and serve.

Main Course, Side Dish, Soup
Indian & South Asian
Soup, Vegetarian

Ingredients:

3 TBL olive oil
1 large onion, chopped
4-8 cloves garlic, chopped
2 tsp of minced fresh ginger
3-5 TBL Monsoon Balti (to taste)
2 cups chopped veggies of choice
(zucchini, eggplant, potatoes, carrots)
28 oz can of diced tomatoes or 4 cups
chopped fresh tomatoes
½ tsp sugar (optional to balance
acidity)
½-1 cup of water or stock (as needed)
1 bunch cilantro, chopped
Salt to taste

Instructions:

In a large cooking pot, sauté the onion in the olive oil until translucent (about 10 minutes).
2 - Add garlic and ginger. Sauté for 2 minutes.
3 - Add Monsoon Balti. sauté for 2 minutes.
4 - Toss in the vegetables, tomatoes and sugar with stock and salt to taste.
5 - Lower heat, cover and Simmer for approximately 40 minutes, or until it thickens. Adjust seasoning to taste.
6 - Before serving, add the chopped cilantro and serve.

Spices Used: Monsoon Balti

3 (main) | 4 - 5 (side) Servings

Prep Time: 10 mins

Cook Time: 60 mins